

ABSTRACT OF THE DISCLOSURE

There is provided a method and/or a system for estimating a value indicating visceral fat area (VFA) of a subject, in which the estimation of the value indicating visceral fat area is performed by using the product of the Xth power of the height value (Ht) and the Yth power of a fat mass value (FM), preferably by using a parameter expressed as FM/Ht^2 or Ht^2/FM , more preferably by using an equation expressed as $VFA = C11*FM/Ht^2 + C12*Age + C13$ or other adequate equations, where each of the X and the Y expresses a number excluding zero. The method and/or the system has a potential to decrease estimation errors due to height, thereby allowed a common use by a number of nations each having the different average of height and caused a decrease in cost of development and manufacturing.